

DAILY SELF-PORTRAIT

"He who looks outside, dreams; he who looks inside, awakens."

1. Preparation:

Get a notebook or several loose sheets (preferably a notebook), or your camera and tripod,...

2. As an example, we focus on 'drawing your self-portrait':

- Dedicate 5-10 minutes each day to drawing your self-portrait. Don't worry about the technique; the important thing is expression and connection with yourself.

You can draw whatever you wish: your face, a silhouette, or any representation you feel represents you at that moment.

3. Connection with bodily sensations:

- After completing your drawing, observe your self-portrait for a moment.
- Close your eyes and connect with the sensations in your body. Pay attention to how it feels (you can start by focusing on your feet and moving up towards your head).
- Avoid thinking or analyzing; simply feel.

4. Writing the phrase:

- Based on the sensations you have identified, write a short phrase that reflects what the image you see needs.

Examples of phrases:

- "You need to smile more."
- "Today you're going to eat what you like most."
- "Dream, dream without limits."
- "You need a good hug."
- "Maybe it's not a big deal; time to relax."

5. Reflection:

Keep your drawings and phrases in the notebook. At the end of the two weeks, review what you have created and reflect on your evolution and the sensations you have experienced.

Tips:

Be kind to yourself during the process. There is no "right" or "wrong" in this exercise. If you feel blocked one day, just draw whatever comes to mind without judgment. Enjoy the process and allow your self-portraits to be an authentic expression of each moment.